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{page 24}



**SNOW JOB
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Tuesday, December 21, 2010
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News worth sharing.

Flames. Fall again



► Calgary Flames defenceman Adam Pardy is checked by Minnesota Wild winger Cal Clutterbuck last night. The Flames lost the game 4-1. Story, page 32.

PAUL BATEGLIA/THE ASSOCIATED PRESS

Latest loss makes three in a row

**'Just a number
 on a cheque'**

Do Calgary's young adults
 care about CPP? {page 4}

**Terrorist sweep
 in the U.K.**

Police arrest 12 men believed to
 be linked to Pakistan {page 14}

Alleged sex assault eludes lens

► Two 15-year-olds were apprehended and charged in relation to the incident ► Victim was sleeping in the station after drinking with friends



**JEREMY
 NOLAIS**
 @METRONWS.CA

Security cameras recorded events surrounding an alleged sexual assault inside an LRT station Sunday morning, but did not provide clear evidence for those monitoring the feed, officials said yesterday.

Two teens were taken into custody after an alleged sexual assault and robbery at the Heritage LRT station early Sunday.

Because the incident involving a 19-year-old female took place behind ticket-vending machines at the station, the event wasn't reported to peace officers on patrol, said Calgary Transit representative Brian Whitelaw.

"It would have been difficult to easily have seen people when you consider there are literally hundreds of cameras on this system," he said.

Calgary Transit is currently in the midst of a \$6-million upgrade to its CCTV monitoring system, and Whitelaw said the organization will continue to look into new technology in the future to help prevent Sunday's events from recurring.

He emphasized that sexual assaults at

Allegations

- One teen is charged with sexual assault and the other is charged with being party to sexual assault.
- Police said one male had intercourse with the victim while the other served as a lookout around 3:40 a.m. Sunday morning.
- Police are still searching for a man who was allegedly robbed by the same offenders at the station.

LRT stations are "extremely rare."

Calgary police Staff Sgt. Doug Louie said the incident appears to have been a crime of opportunity.

"The two offenders were at the LRT platform also and came across the victim, and one of them decided to sexually assault her," he said.

Louie said the victim was examined at the Sheldon M. Chumir Health Centre and treated for minor injuries.

The two youth suspects are scheduled to appear in court today.

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New monitoring system for oilsands

Alberta's environment minister says he's turning to a group of independent experts to tell him how to improve the way the province monitors the oilsands.

The day before a federal panel was expected to release its opinion of the job Alberta's doing, Rob Renner announced he'll appoint a panel to provide a plan on how to set up, op-

Trumping Ottawa

Renner's hastily called news conference late yesterday afternoon came less than 24 hours before his federal counterpart John Baird was to release the as-

essment and recommendations of Ottawa's Oilsands Advisory Panel. That panel was convened to review Alberta's Regional Aquatic Monitoring System, which has been heavily criticized by scientists for several years.

But what form that system will take is still at

least six months away.

Renner said yesterday that the panel will be named next month. It will include representatives from a broad range of professions including scientists, academics, health professionals and economists.

"It must be governed appropriately. Building a scientifically defensible system requires third party review, validation and involvement and most importantly it must be credible. It's what Albertans expect and it's what we intend to deliver," said Renner.

Last week a panel of Canada's top scientists reported that Alberta must improve the way it approves and monitors the oilsands.

THE CANADIAN PRESS

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news

Edmonton police probe child slayings

- ▶ A 31-year-old man is in custody following treatment for injuries
- ▶ Identities won't be released until autopsies on two children complete

Edmonton homicide detectives are still trying to piece together the events surrounding the killing of two children at a northeast townhouse Sunday.

Police received a call for a welfare check at a residence just before midnight, when they discovered the youngsters.

Children and Youth Services Minister Yvonne Fritz confirmed the family had been "involved" with her staff, but that the children resided with their mother and not in foster care.

"We provided support and services to the family based on what their needs were. The children were residing with their mother."

"Any instance of family violence is a tragic situation," said Fritz.

Meanwhile, NDP Children and Youth Services' critic Rachel Notley is call-

ing for an investigation — nearly two years after first calling for a public inquiry into child protective services.

"I feel terribly for the relatives and friends of these two young children," Notley said in a release. "The government owes them a detailed public investigation into what went wrong here so we can stop such things from happening again."

Another neighbour, Mark Sanders, who received a knock on his door from police around 1:30 a.m., said he didn't know the people who lived in the home and that they hadn't been living there for very long.

"It's a small neighbourhood but not too many of us know each other by name — just by sight," he said.

● HEATHER MCINTYRE/WITH FILES FROM THE CANADIAN PRESS



▶ Investigators are trying to piece together the events surrounding the grisly discovery of the bodies of two children in a northeast Edmonton home.

Inn from the Cold needs help

While Inn from the Cold has more space in the shelter than usual, there's still a need to support those families living on their own, according to their executive director. The shelter is currently sitting at 50 per cent capacity, which is unusually low, said Yvette Rasmussen.

"We've housed so many people this year so the need has shifted," she said, adding these families need things like bedding, food

160

The number of families supported by Inn from the Cold that have moved into housing in 2010.

and furniture for their new homes. To donate, contact Inn from the Cold at 403-263-8384 to set up a time for drop off. ● KATIE TURNER

Items needed

- ▶ Items like air mattresses, furniture, towels and gift cards are needed.
- ▶ Inn from the Cold is moving in two families to new housing this week and are looking for donations for these families.
- ▶ The organization works with more than 150 partners in the community.

News in brief

Trucker killed in accident

NORTHEAST. The driver of a gravel truck was killed yesterday morning in Calgary's northeast. Police say the 55-year-old driver was going through the intersection at 32 Street NE when he veered off and struck a light standard. It's believed the driver

suffered from a medical condition prior to the incident. ● METRO

Accused in court via CCTV

MURDER. The man accused of a nearly 10-year-old Calgary murder appeared in court yesterday via closed circuit TV. Barry David Brown, 50, was arrested Friday for the murder of Corrine Rita Belanger in 2001. ● METRO

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Mike Benhaim gets into the list season spirit with his favourite new artists of 2010. More at metronews.ca/backbeat

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Curing colds isn't so common for common cold cures. Scan this code for the story.

NAKISKA

Teen hurt in incident at resort

A 15-year-old boy was transported to a Calgary hospital by STARS air ambulance following an incident at the Nakiska Resort around 5 p.m. yesterday.

STARS spokesperson Cameron Heke said the individual was

snowboarding and wearing a helmet at the time of the incident, but could not provide further detail on what occurred. It was not known whether the teenager was from the local area.

"He was in serious but stable condition," Heke said.

The Nakiska Resort is located approximately 80 kilometres west of Calgary. ● JEREMY NOLAIS



For more news, visit
metronews.ca

Greenpeace activists hit with fines

A dozen Greenpeace activists who chained themselves to the smokestacks at a Shell Canada upgrader near Edmonton have pleaded guilty to mischief and property charges.

They have been ordered to pay fines and surcharges totalling \$2,300 each and must also forfeit climbing gear. THE CANADIAN PRESS

High-rise wins green award

Calgary high-rise tower Eighth Avenue Place has been given a Leadership in Energy and Environmental Design award for its green structure.

It has been reported that the building will be the first in Canada to be recognized with the LEED award.

● METRO

Pension debate fails to draw young adults

► Framework approved for Pooled Registered Pension Plan ► Alberta finance minister in favour of move

As the framework for a private-sector pension alternative was approved for Canadians yesterday, some young adults in Calgary said they have been staying out of the debate.

This is despite the fact that those who work, like 21-year-old Andrew Laidlow, routinely pay into the Canada Pension Plan. Over the past year, Laidlow has paid more than \$300 into the CPP through his part-time job, but said he's never really questioned what the money was being put towards.

"It's never really a topic in casual conversation," said Laidlow, who also attends school at Mount Royal University.

"It might be the fact that it is just pilfered off the cheque. You don't really see



► Calgary student Andrew Laidlow has paid more than \$300 into the Canada Pension Plan in a little over a year.

the money come off, it's just a number on a cheque."

Hardave Birk, vice-president external for the University of Calgary Students' Union, said students like Laidlow are already preoccupied with numerous other responsibilities and

pension discussions often take a backseat.

"A lot of students have enough troubles making ends meet on a week-to-week basis, they're not thinking long term," he said.

● JEREMY NOLAIS

Ministers

► Canadian finance ministers met in Kananaskis yesterday to approve the private-pension framework.

► Six provinces had taken issue with federal Finance Minister Jim Flaherty's push for a private-pension alternative heading into yesterday's meeting.

► The Calgary and District Labour Council reportedly spent part of yesterday morning occupying provincial Finance Minister Ted Morton's Calgary-area office in protest of his refusal to support expansion of the CPP.

► Representatives of the Alberta Federation of Labour confronted the minister over the same issue at the Calgary Airport Delta Hotel on Sunday.

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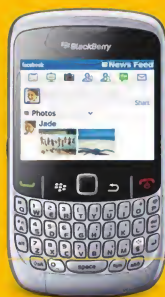
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Sally Ann falls short on donations

- ▶ Provincewide contributions on par, but major centres below targets
- ▶ Red kettle campaign will continue right up to Christmas



JEREMY NOLAIS
@METRONEWS.CA

With Christmas just days away, the Salvation Army is well short of its donation targets in Alberta's two biggest centres, according to a representative with the organization.

Pam Goodyear said in

Calgary specifically \$609,000 in donations had been received as of Saturday. She described the sum as a "wonderful amount," but said it is below their target of \$1 million.

"We had a really tough time getting volunteers early on in the campaign," she said. "Kettles have not been out in all locations

throughout the campaign."

Earlier this month, reports surfaced that Calgary's branch of the Christian organization would not distribute donated toys it felt promoted "black magic," the occult and vampires.

Goodyear said she does not believe the organiza-

tion's stance on the toys had any impact on cash donations.

"I guess there's not a really clear way to know for sure ... unless we were to do a survey or something," she said. "I don't know how you would make any link to the toy story or anything. Certainly, our toy donations are not down."



▶ Bonnie Yourex co-ordinates the Salvation Army Kettle stands for several locations, including two at Marlborough Mall.

Those wishing to donate can look for one of the Salvation Army's trademark

red kettles, located in major centres, or head online to ab.salvationarmy.ca.

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► Pope Benedict XVI delivers a Christmas greeting at the Vatican on Dec. 20.

Pope blames society for abuse of kids

► Catholic leader says sex scandals humiliated the church ► Calls for more help for victims

Pope Benedict XVI told Vatican officials yesterday that they must reflect on the church's culpability in its child sex-abuse scandal, but he also blamed a secular society in which he said the mistreatment of children was frighteningly common.

In his traditional, end-of-the-year speech to Vatican cardinals and bishops, Benedict said revelations of abuse in 2010 reached "an unimaginable dimension" that required the church to accept the "humiliation" as a call for renewal.

"We must ask ourselves

Scandal

► **Victims** The sex-abuse scandal erupted on a global scale this year with revelations of thousands of victims in Europe and beyond, of bishops who covered up for pedophile priests and of Vatican officials who turned a blind eye to the crimes.

what was wrong in our proclamation, in our whole way of living the Christian life, to allow such a thing to happen," the Pope said.

Benedict also said, however, that the scandal must be seen in a broader social context, in which child pornography is seemingly considered normal by society and sexual tourism is on the rise.

"The psychological destruction of children is a terrifying sign of the times," Benedict said.

The traditional Christmas speech to Vatican cardinals and bishops is an eagerly anticipated address that Benedict uses to focus the church hierarchy on key issues.

THE ASSOCIATED PRESS

U.S. JUSTICE

Teacher sentenced in sex case

A man who taught English in Cambodia was sentenced yesterday to nearly nine years in federal prison for travelling abroad to have sex with a 14-year-old girl, in what a judge called one of the most disgusting cases that has come before him.

Michael Dodd, 61, pleaded guilty under a

plea agreement in September to travelling to Cambodia to engage in sex with a minor.

Dodd was convicted in a Cambodian court of sexually abusing the girl, and was sentenced to 10 years in prison, but served 16 months, authorities said. He was extradited to the U.S. in February where he was prosecuted under a federal law that outlaws child sex tourism even if the crimes were committed in other nations.

Dodd claims he had plans to marry the 14-year-old.

THE ASSOCIATED PRESS

NDP wants all Douglas files out

Saskatchewan New Democrats are concerned that Ottawa may not release all of the decades-old intelligence on socialist icon Tommy Douglas.

Only 456 heavily censored pages from the 1,142-page dossier have been made public.

The federal government is now promising to release more material by March 31.

THE CANADIAN PRESS

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TUESDAY, DECEMBER 21, 2010



► Passengers queue beside rows of luggage in Heathrow airport's Terminal 3 yesterday.

Heathrow faces Christmas with the cranks

- Failure to clear snow, ice turns travel into bitter chaos
- Gatwick cancels outbound flights until at least today

The Christmas travel season turned angry and chaotic yesterday as British officials struggled to clear snow and ice that paralyzed rail and air links and spawned cancellations and delays stranding thousands around the world.

More than 48 hours after Britain's last snowfall, some furious passengers with boarding passes for Monday flights were not even allowed into London's Heathrow Airport. Inside, piles of garbage grew and some people slept on terminal floors. Other travellers waited in the cold for up to six hours to get inside London's St. Pancras train station, where they had to

"It can't be beyond the wit of man surely to find the shovels, the diggers, the snowplows or whatever it takes to clear the snow out from under the planes."

LONDON MAYOR BORIS JOHNSON

wait more for Eurostar trains to mainland Europe. Chagrined British officials promised an inquiry into the failure to clear the remnants of a storm that dumped 12 centimetres over parts of England Satur-

day morning. Other European airports rebounded from weekend snowfall and resumed close to normal flight schedules by yesterday.

Heathrow operator BAA offered little hope of relief from travel purgatory, saying a maximum one-third of scheduled flights would be allowed to take off and land at Heathrow until at least tomorrow morning. The British government approved night-flight operations at Heathrow in an effort to remove the backlog, but officials warned it may take until after Christmas to do so — and longer if more snow falls.

THE ASSOCIATED PRESS

COCAINE SMUGGLING

Flight attendant jailed

An Air Canada flight attendant who was found guilty of smuggling cocaine into Britain has been sentenced to eight years in prison.

British media reports say Mandeep Shahi, 27, was accused of smuggling four kilograms of

cocaine in her luggage during a flight from Toronto to London.

After landing at Heathrow Airport in March 2010, the woman from Mississauga, Ont., delivered the cocaine to a pair of drug dealers, who were under police surveillance.

Shahi was arrested five months later on her return to Britain, after police identified her using security camera footage.

Three other men involved in the smug-

gling were also arrested and have been sentenced to a total of 24 years.

The reports say Shahi told police she had no idea there was cocaine in her luggage, but a jury at Southwark Crown Court found her guilty of possession of drugs with intent to supply.

The judge said the group targeted Air Canada because of a perceived lack of security checks and the belief it operates in a country not known for drug smuggling.

THE CANADIAN PRESS

Provinces agree on pooled pensions

► But finance ministers want Canada Pension Plan improvements ► CPP talks on hold for now: Flaherty

Federal Finance Minister Jim Flaherty says the provinces have agreed on a framework for pooled pensions, but talks on whether to revamp the Canada Pension Plan will have to continue on another day.

Flaherty had gone into a meeting of his provincial and territorial counterparts yesterday floating an idea for a new private-sector plan with pooled resources from small firms, employees and the self-employed. Afterwards, Flaherty said finance officials will talk with employees, employers and financial institutions in the next month to make sure the plan meets their needs.

Finance ministers from six provinces had said they were not necessarily opposed to the pooled-pension idea, but they also said CPP improvements were necessary to ensure Canadians have adequate income



► Federal Finance Minister Jim Flaherty

in their retirement.

Flaherty said that discussion will continue around the middle of next year. Ontario Finance Minister Dwight Duncan said he was glad the CPP discussion would be on the table at the next finance ministers meeting in June.

"What we've always said is we are prepared federally to work on improvements to the Canada Pension Plan as part of our review process, but (we're) not implementing anything right

now," Flaherty had said before going into the meeting in Kananaskis, Alta.

Alberta Finance Minister Ted Morton threw cold water on the notion that CPP changes would get much support from his province.

"It's hard to imagine much interest in pursuing that in Alberta," he said as he left the meeting. The province was one of three that had supported Flaherty's private-sector plan from the beginning.

Gil McGowan, president of the Alberta Federation of Labour, said he doesn't buy the idea that improvements to the CPP have to wait until the economy improves.

"This argument that a recession is no time to make major policy change is a red herring because there are all sorts of ways to get around those concerns," he said.

THE CANADIAN PRESS

Brazilian wedding turns deadly

Brazilian authorities said a bridegroom fatally shot his new wife, his best man and then himself after announcing to horrified guests that he had a "surprise" for them.

Police investigator Joao Brito said witnesses told officers that 29-year-old sales manager Rogerio Damascena did not give any previous indication that anything was wrong at his wedding reception.

Bruto said yesterday that it is likely the slayings were premeditated because of the groom's announcement and because he had hidden a gun in his father's pickup truck.

Twenty-five-year-old bride Renata Alexandre Costa Coelho and best man Marcelo Guimaraes were both killed in Saturday's murder-suicide.

A brother of the bride was treated at a hospital and released.

THE ASSOCIATED PRESS



► Santa Claus makes the rounds yesterday on the beach in Fort Lauderdale.

WALTER MICHO/THE ASSOCIATED PRESS

Hot day for a Santa suit

Vacationing from Canada, Audrey Pilon and Jennafer Sikorski receive candy canes from Santa and his elves in sunny 18 C Fort Lauderdale, Fla., yesterday.

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Weather. United States



► Ryan Bridgen, left, his daughter Carissa, 11, and Brandon Batson wade across a flooded street in Bakersfield, Calif., yesterday.

THE ASSOCIATED PRESS

Wet 'n' wild in stormy California

The Bridgen family helped Brandon Batson shore up his home with sandbags to keep water from entering the garage and house.

Rise in food costs hit poor hardest: Study

► Poor forced to make unhealthy compromises, report says ► Steep dairy costs a Canadian issue: Author

The price of staple foods has been rising faster than inflation, hitting the poor harder than others and forcing them to make unhealthy compromises, a new study says.

The cost of basics for a low-income household's dinner — baked goods, dairy and meat — has been outpacing the consumer price index, according to the Institute for Competitiveness and Prosperity, a Toronto-based think-tank.

Fruit and vegetable prices, as well as fish, come

46**Diary boards restrict the quantity of milk produced, mainly to maintain incomes for farmers. That means consumers are paying 46 per cent more for milk products than in other industrialized countries, the authors say.**

in below inflation. But the poor are not buying as

much of those products as wealthier people, the study found. That's mainly because stores in poor neighbourhoods don't carry much fresh produce, the report says.

Higher prices for meat and baked goods are linked to a surge in global commodities tied to 2008's global financial crisis. But higher dairy prices are a made-in-Canada phenomenon linked to supply management, the authors argue.

THE CANADIAN PRESS

OIL RIG

Chopper aborts flight

Offshore oil workers heading home for Christmas had their trip cut short yesterday when a Cougar helicopter had mechanical problems.

The Sikorsky S-92 chopper took off in the morning from the deepsea oil rig Henry

Goodrich off Newfoundland.

But the helicopter was only about 150 metres up when it turned back because of abnormally high vibration, said Sean Kelly, a spokesman for the Canada-Newfoundland and Labrador Offshore Petroleum Board.

Kelly confirmed there were no injuries and he said it's believed there were 18 people onboard. The helicopter is the same model that crashed into the sea last year, killing 17 people.

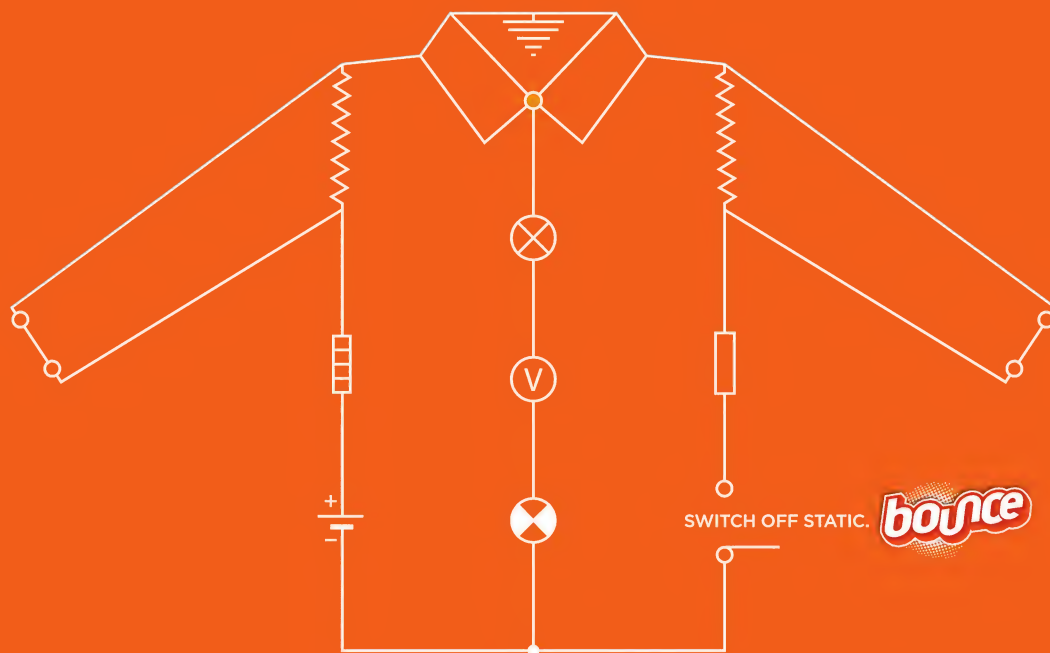
THE CANADIAN PRESS

New web rules in Venezuela

Venezuela's congress yesterday passed a law imposing broadcast-type regulations on the Internet.

The president's allies in the National Assembly approved the revised Social Responsibility Law, which bans messages that "disrespect public authorities" or "incite or promote hatred" or crimes.

THE ASSOCIATED PRESS





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Soldiers mark last Christmas in Kandahar

► Canadians add some festive cheer to war-torn Afghanistan ► Gifts from home raise spirits

MURRAY BREWSTER/THE CANADIAN PRESS

The weather outside is always frightful, and when you're under fire, it's never delightful.

And what Canadian soldiers wouldn't give to let it snow, even just a little to brighten the drab, winter-scorched farmland of western Panjwail.

Peace on Earth and good will to all men seems far away this season, almost as distant as it was when troops celebrated their first Christmas amid the ruins of this stark land almost seven years ago.

Dec. 25 is expected to come and go with the grind of army orders and routine of patrols along bomb-sewn laneways in mud-moulded villages.

There is some holiday cheer; decorations here and there around Kandahar Airfield.

Soldiers have started to receive packages, little creature comforts such as favourite blankets, gloves and other nicknacks, all dutifully mailed by relatives.

A spartan combat outpost in Fathullah has a full-sized artificial tree that was shipped over by the wife of a soldier.

It is complete with ornaments and lights.

THE CANADIAN PRESS

"Some guys will likely cry on the 25th because they don't have their kids here."

MASTER CPL. STEPHANE GELINAS



► Master Cpl. Stephane Gelinas decorates a tree at a combat outpost in the Panjwail district.

INSURANCE FRAUD

Top bogus claims of the year

Manitoba's auto insurer has released the biggest claims frauds of 2010.

Manitoba Public Insurance says at the top of the list is a man who denied crashing his car. He told claims investigators it was stolen, but DNA from blood on the steering

wheel proved he was involved. In second place is a man who came forward after four years to admit he deliberately burned a vehicle that belonged to his one-time fiancée.

Another man reported his vehicle had been struck in a parking lot, but an investigation found he simply ran into a snowbank and sign.

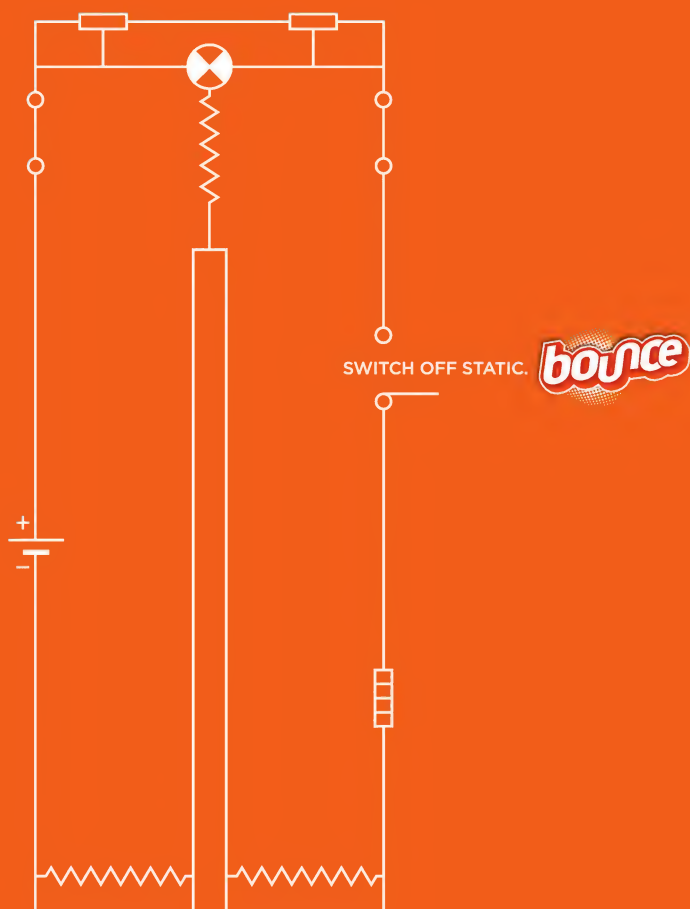
MPI's special investigations unit has recovered fraudulent claims worth more than \$50 million in the last five years.

THE CANADIAN PRESS

Family identifies face donor



Scan code for story, or go online to metronews.ca



Anti-terrorism sweep nets 12 men in Britain

► Pre-dawn raid was a joint operation by spy agency MI5 and police ► Bust is biggest since April 2009

In the biggest anti-terrorist sweep in Britain in nearly two years, police have arrested a dozen men accused of plotting a large-scale terror attack on targets inside the United Kingdom.

The suspects, who ranged in age from 17 to 28, had been under surveillance for weeks and were believed to have links to Pakistan and Bangladesh, security officials said.

The arrests come amid growing concerns in Europe over terrorism following a suicide bombing in Sweden and reported threats of a terror attack on a European city modelled on the deadly shoot-

The plot

- Some of the details of a Mumbai-style plot directed at Britain, France or Germany came from Ahmed Siddiqui, a German citizen of Afghan descent who was captured by U.S. troops in Afghanistan in July.
- More than 170 people were killed in the 2008 terror attack in the Indian city of Mumbai.

ing spree in Mumbai, India.

Police swooped in before dawn yesterday in co-

ordinated raids on houses in four cities.

Counterterrorism officials declined to give more details of the latest alleged plot. No details were given as to whether explosives or arms were found, and searches were under way in the homes where the arrests took place.

The arrests were not believed to be part of any planned holiday season attack, said a British security official.

In 2006, U.S. and British intelligence officials thwarted one of the largest plots yet, a plan to explode nearly a dozen trans-Atlantic airliners.

THE ASSOCIATED PRESS

Sailing. Court



► Turkey's president Abdullah Gul, left, and his counterpart Gurbanguly Berdimukhamedov of Turkmenistan on the MV Savarona yacht in August 2009.

MURAT CETIN/MUHAMMAD/THE ASSOCIATED PRESS

Yacht at heart of trial

Prosecutors claim the MV Savarona yacht played host to sex parties for an international prostitution ring. The alleged ringleaders went on trial yesterday.

Pipeline approval good news to Yukon

Approval of the Mackenzie Gas Project by the National Energy Board is being welcomed by the government in Yukon, which says if the \$16.2-billion project goes ahead, it would provide jobs and a portal to ship Yukon gas to market.

Six trillion cubic feet of natural gas locked in the Eagle Plains' basin could find its way to southern markets via a pipeline built alongside the Dempster Highway.

The energy board's decision on the Mackenzie gas project requires federal cabinet's approval.

THE CANADIAN PRESS

3

While construction of the 1,200-kilometre pipeline would be several years away, the board gave Imperial Oil Ltd. three years to make a decision.

Belarus strongman keeps grip on power

Alexander Lukashenko, the autocratic president of Belarus, appeared to have quashed any immediate threat to his continuing rule, declaring yesterday that he was the overwhelming winner of a presidential election that ended with a violent crackdown on reformists hoping for change.

No demonstrations occurred in the capital, Minsk, last night, an indication that things were returning to normal

in Belarus, one of the most authoritarian of the former Soviet states and which the U.S. once labelled Europe's last dictatorship.

Lukashenko exercises overwhelming control over politics, industry and media in this nation of 10 million bordering Poland and the Baltic nations. The repression has been an embarrassment to the European Union, which offered billions in aid to Belarus if the elections



► Belarus President Alexander Lukashenko in Minsk.

SERGEI SUPINSKY/GETTY IMAGES

were judged to be free and fair.

Hopes for improved democratic reforms had already dissipated as international observers and Western governments accused Lukashenko of using fraudulent counting and violence against protesters to keep himself in power.

Seven of the nine candidates opposing Lukashenko had been taken into custody.

THE ASSOCIATED PRESS

The leader

Alexander Lukashenko, 56, has ruled for 16 years.

- Lukashenko has used police raids to suppress opposition.
- His efforts to maintain a Soviet-era social safety net have made him popular with the working class and elderly.

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bounce

Two Koreas remain on edge

South Korean President Lee Myung-bak gathered his national security leaders for strategic talks early today as troops braced for possible North Korean retaliation a day after conducting artillery drills on an island the North bombed last month.

North Korea has so far backed off threats to strike the South again for conducting live-fire military drills on Yeonpyeong Island. Similar drills last month triggered a North Korean artillery attack that killed four South Ko-

reans, including two civilians.

Still, South Korea's military said it was prepared for any unexpected North Korean provocation.

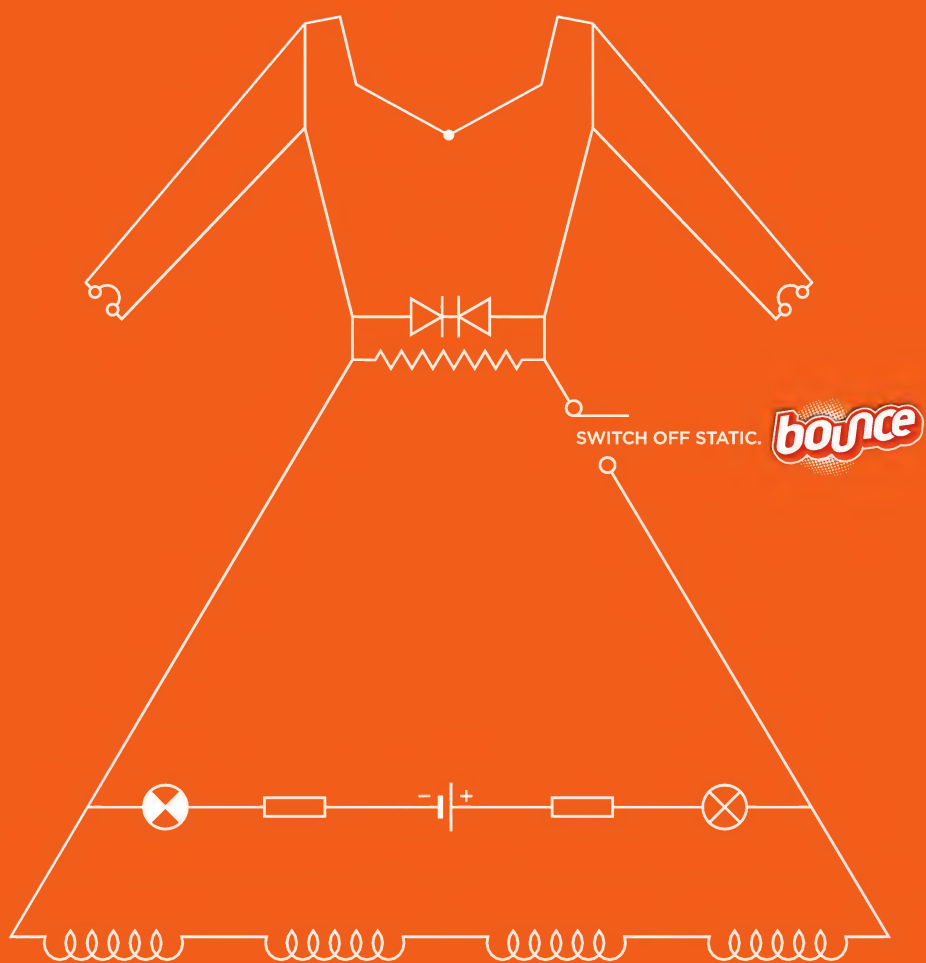
"We will mobilize reconnaissance and surveillance assets of South Korea and the U.S. combined force and intensively monitor North Korea's military activities," Defence Minister Kim Kwan-jin told lawmakers before leaving for the security meeting.

The North's apparent conciliatory gestures

came after South Korea launched fighter jets, evacuated hundreds of residents near its tense land border with the North and sent residents of islands near disputed waters into underground bunkers in case Pyongyang followed through on a vow to attack over the drills.

"We have to show North Korea that we are committed to respond to any kind of provocation," a senior South Korean government official said.

THE ASSOCIATED PRESS



Auto. Motives



► This image shows a scene from the Toyota 2011 Highlander "Kid Cave" commercial.

TOTOTA/THE ASSOCIATED PRESS

Toyota uses kids to get to parents

Toyota is using the concept of kids' embarrassment over parental behaviour to sell Highlander SUVs. One ad shows a kid in a nondescript sedan mouthing "Help me!" as his parents croon, "Just call me angel of the morning!" to the radio. In an adjacent lane, a boy in a Highlander, watching a video on a back-seat entertainment system, comments, "Just because you're a parent, doesn't mean you have to be lame."

Facebook CEO networking on China trip?

► China censors Internet content it deems politically sensitive and blocks many social networking sites, including Facebook

JUSTIN SULLIVAN/GETTY IMAGES



► Mark Zuckerberg

Facebook CEO Mark Zuckerberg toured the offices of China's top search engine yesterday during a visit that has sparked speculation the social networking magnate is looking for business opportunities in the world's largest Internet market.

Facebook is blocked on the mainland, but Zuckerberg has expressed a business interest in China and has studied Mandarin.

Photos of Zuckerberg's visit to Baidu Inc. were quickly posted online.

Kaiser Kuo, Baidu's director of international communications, told The Associated Press that Zuckerberg had lunch with Baidu CEO Robin Li. He said he didn't know what they talked about but added that the two had met before.

Zuckerberg, who co-founded Facebook, is travelling with his girlfriend, Priscilla Chan, and no apparent entourage.

"Mark has had a long personal interest in China," Kuo said.

But Zuckerberg has also hinted that he's interested in more than that, saying during a speaking engagement in October, "How can you connect the whole world if you leave

out 1.6-billion people?"

Kuo tried to tamp down such speculation, though, posting on his Twitter account: "C'mon people. Robin and Mark have known each other for a while. Mark's interest in China is well known. Keep the speculation in check."

Not many in China are familiar with Facebook, but Zuckerberg is known for being Time magazine's 2010 Person of the Year, according to Kuo.

Aside from a visit yesterday morning to a Tibetan temple in Beijing, the rest of Zuckerberg's schedule in China is not known.

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Talisman gets boost from sale of shale gas stake

A deal by Talisman Energy Inc. to sell a 50 per cent stake in a shale gas project in northeastern B.C. to South African company Sasol for \$1.05 billion helped boost its shares to their highest level in more than two years.

THE CANADIAN PRESS

Market moment

TSX



- 8.18

(13,193.28)

Dollar



- 0.35¢

(98.39¢ US)

Oil



+ 79¢ US

(\$88.81 US)

Natural gas

1,000 cu ft

\$4.129

(+ 17.1¢)

Gold

contracts

\$1,386.10

(+ \$6.90)

ANALYSTS: IN A DASH TO SHINE

ENCYCLOPEDIA OF SIGNATURE DRINKS

She says ...

**JESSICA
NAPIER**



'Tis the season to get a bit festive, and if your family is anything like mine, "festive" means, well ... drunk.

What can I say; we all get a little too merry around the holidays. With so many libations to overindulge in, it's good to remind yourself what your cocktail of choice says about your personality. After all, you are what you drink.

Wine: You're mature and sophisticated, or at least you want people to think you are. You carry on pseudo-intellectual conversations and roll your eyes at people who mispronounce Gewürztraminer.

Domestic beer: You're a Canadian.

Imported beer: You're a Canadian who went to Europe for a couple of weeks.

Cosmopolitan: You think your drink is super cute and it totally matches your shoes and, oh my God, you're such a Carrie, no wait — you're totally a Samantha.

Red Bull and vodka: You are three months away from a full-blown cocaine addiction — or a heart attack.

Screwdriver: This is your first time at a bar and you saw someone on TV order this drink once.

Whisky: You're sporting a non-ironic moustache and own a diverse collection of sweater vests.

Shots: The drink of choice of the young, single and desperate to get laid.

Malt liquor: You drive a pickup truck and have no taste buds.

Martini: You're a relatively experienced drinker that doesn't mind sitting alone at the bar because your Bluetooth headset makes you feel important. On the other hand, you might be James Bond.

Pimms: You enjoy polo shirts, tennis and speaking in a fake British accent.

Caesar: You haven't stopped drinking since the night before and are wondering why on Earth those lights are so f—ing bright.

Rum: Ahoy there!

Jägermeister: You are younger than 22 and intend on making some terrible life decisions before the end of the night.

Champagne: Two words, high maintenance.

Hard lemonade: Your older brother just bought you and your friends a four-pack of fluorescent-coloured alcho-pops that you think are just so badass. Don't worry; your high school party will have plenty of bushes for you to puke in.

Sherry: Ah, Frasier Crane — how nice of you to join us.

Piña colada: You'd rather be at the beach or gettin' caught in the rain.

A bottle of premium liquor: You routinely spend half of your paycheck on bottle service at pretentious nightclubs in the hopes of luring drunken partygoers into your booth.

Tequila: TEQUILA!



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Worth mentioning

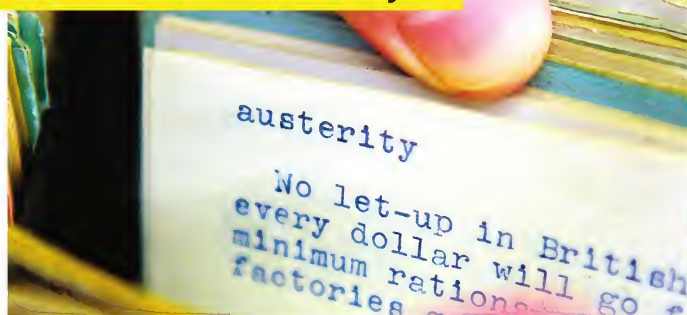
As Greece faced a debt crisis, the government passed a series of strict austerity measures, including tax hikes and public-sector pay cuts.

The move provoked a rush to online dictionaries from those searching for a definition.

Austerity, the 14th-century noun defined as "the quality or state of being austere" and "enforced or extreme economy," set off enough searches that Merriam-Webster named it as its Word Of The Year for 2010, the dictionary's editors announced yesterday.

John Morse, president and publisher of the

'Enforced or extreme economy'



CHARLES KRUPA/THE ASSOCIATED PRESS

Springfield, Mass.-based dictionary, said "austerity" saw more than 250,000 searches on the dictionary's free online tool and came with more coverage of the debt crisis.

Runners-up announced yesterday included "pragmatic," "moratorium," "socialism," and "bigot" — the last word resulted from public uses by

former British prime minister Gordon Brown, former CNN host Rick Sanchez and former NPR senior analyst Juan Williams.

Also making the top-10 list was the word "doppelganger," while others on this year's list included "shellacking," "ebullient," "dissident," and "furtive."

THE ASSOCIATED PRESS

Is it better to give or receive? Why?

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Metro Minute with zoo Christmas

Today is your last chance to take in the Calgary Zoo's 12 days of Christmas celebration. For the past 11 days, zookeepers have been giving gifts of "festive enrichment" to various animals around the park in tune with the famous Christmas song. Some of the recipients of these gifts have included "six hogs a-digging," "loud gibbons

calling" and "a hippo in a cool pool."

The celebration will conclude at 11:30 a.m. today with "snow monkeys playing" at the Japanese macaque exhibit in the Eurasia area. The celebration is open to visitors as part of the general admission fee. For more information, visit calgaryzoo.ab.ca.

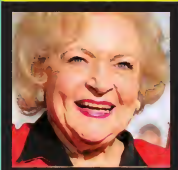
● METRO



► Japanese macaque's like this one are in for a surprise today at the Calgary Zoo.

2 scene

Scene in brief



What Betty White did in 2010 doesn't usually happen. An 88-year-old actress with more than six decades in Hollywood suddenly became the object of adulation of the masses, which campaigned for her to host Saturday Night Live, boosting the show's ratings and helping her set ratings records for her own show.

After a year remarkable for a star of any age, White has been voted the Entertainer of the Year by members of The Associated Press. "It's ridiculous," White says of the honour, in an interview. "They haven't caught on to me, and I hope they never do."

There were 102 ballots submitted from U.S. news organizations that make up the AP's membership. Voters were asked to cast their ballots for who had the most influence on the entertainment world and culture in 2010. Previous winners include Taylor Swift, Tina Fey and Stephen Colbert.

THE ASSOCIATED PRESS



Teen star Hailee Steinfeld shows new 'Grit' in debut role with Coens, Bridges, Damon. Learn how to scan on page 3.

Coens on True Grit: 'It's not a western'

► Joel and Ethan Coen subvert expectations again with their latest ► But the directorial duo insist the western isn't like most westerns ► How could it be, coming from them?



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METRO WORLD NEWS IN LOS ANGELES

In discussing their new film, *True Grit*, Joel and Ethan Coen are clear about one thing: They have zero interest in talking about the 1969 John Wayne film that was also based on Charles Portis' novel, about a tough 14-year-old girl who enlists a grizzled U.S. marshal and a Texas ranger to track down her father's killer.

"I don't think any of us thought about much of anything in this with reference to the first movie," Ethan says. "We had seen the movie when it came out, but we were kids then."

Instead, the brothers looked to Portis' 1968 book, which focused more on young Mattie Ross (played by newcomer Hailee Steinfeld) than the first film adaptation.

And while the Coen brothers' eclectic career has covered a slew of genres, they've never done a traditional western before — and they'd argue that they still haven't.

"I don't think we thought about it as a genre movie so much," Ethan says. "It is a western inarguably — you know, there are guys with six-guns on horses. But it's not a western in that sense, and really we were thinking about the story, we were thinking about the novel more than doing a western, per se."

To find the right teenager to go toe-to-toe with Jeff



► Director Ethan Coen, actor Jeff Bridges and director Joel Coen attend the premiere of *True Grit* in New York City.

Bridges' marshal and Matt Damon's ranger, they set out on a nationwide search — not that they really needed to.

"If we'd only known. Hailee's from Thousand Oaks," Ethan says with a laugh. "We looked all over the country. There were two casting people that spent basically 18 months going everywhere, just everywhere, seeing thousands of girls — and they could have stayed in L.A."

According to the Coens, what made Steinfeld stand out was her ability to wrap her mouth around the script's peculiar dialogue.

"Ninety-nine-point-nine percent of the hundreds or thousands of girls who read for this part washed out at the level of not being able

to do the language, and that was something which was never an issue with Hailee," Joel says.

"Right from the beginning it was clear that she was completely comfortable with the language."

Though a distinct dialogue style might seem like a hallmark of the Coen brothers, much of the flowery lines of *True Grit* actually came from the source material.

"The kind of formality of it and the floweriness of it is just from the book," says Ethan. "That was the first thing Jeff mentioned, noticed and liked — the kind of foreign-sounding nature of the dialogue and the lack of contractions. We just lifted it from the book."

The Coen brothers, on location

There was one area where the Coen brothers didn't stay faithful to Charles Portis' novel.

While the action in *True Grit* takes place in Arkansas and Oklahoma, the brothers filmed in New Mexico — partly for the weather and partly because of audience expectations, they admit.

"That's one thing that's not faithful to the novel," Ethan says. "I mean, the landscape is a total cheat. But you

know, we kind of thought people will think it's a western, and some things you just can't mess with. People want that."

Joel agrees: "The whole pictorial idea of the movie would have been much different in a place like Arkansas," he says.

And there was the weather to consider. "We knew we wanted to have snow in the movie," Joel says.

"The trick was snow but not too much snow, and we weren't sure we were reliably going to get any snow at that time of year in Arkansas," Joel says.

Party for two: Twain engaged

► Singer has new TV show, *Why Not?* With Shania Twain, in the works for Oprah Winfrey's OWN network ► Plans to release memoirs next year



► Shania Twain

Shania Twain has found love again. The Timmins, Ont., native is planning to marry Swiss businessman Frederic Thiebaud, according to *US Weekly*.

A Twain representative tells the magazine the 45-year-old country superstar became engaged about two

months ago.

Thiebaud is the ex-band of Twain's former friend

Marie-Anne Thiebaud — the woman who allegedly came between Twain and her first husband, Robert (Mutt) Lange. Twain and Lange finalized their divorce earlier

this year.

Twain wrote about Thiebaud on her website last August. "A dear friend and true gentleman by the name of Fred, has been the most constant companion of support for both Eja and me, and having gone through the suffering of his

family splitting apart at the same time under the same extreme circumstances, he understood me better than anyone," she wrote. "We've become stronger and closer through it all, as have our children Eja and (Thiebaud's daughter) Johanna." THE CANADIAN PRESS

DVD Releases

Buy it [icon] | Rent it [icon] |

Borrow it [icon] | Yawn [icon] | Don't bother [icon]

Town brings the heat

The Town

Genre: Thriller

Director: Ben Affleck

Stars: Ben Affleck, Rebecca Hall and Jon Hamm

[icon]

No sophomore slump for Ben Affleck.

The actor turned director follows his acclaimed helming debut *Gone Baby Gone* with quality pulp about the Charlestown neighbourhood of his Boston hometown, where bank robbers thrive.

Affleck is Doug MacRay, leader of a brazen band of heisters who members include loose-cannon pal



James (Jeremy Renner), a guy with both pluses and minuses.

They know how to knock off a bank, wearing Halloween masks for combo cover and shock value, but how do they storm the fortress of the heart? Doug gets distracted by the charms of Claire (Rebecca Hall), who begins as a hostage but becomes a

very interested party.

Also hot in the hunt is FBI flatfoot Adam Frawley (Jon Hamm) who is tired of Charlestown's rep as America's favourite hold-up hood. *The Town* is richly textured picture of strong characters and brisk action, the latter including what may be the year's best car chase.

● PETER HOWELL



Wall Street: Money Never Sleeps

Genre: Drama

Director: Oliver Stone

Stars: Shia LaBeouf, Michael Douglas and Carey Mulligan

[icon]

In this belated sequel to the epochal 1980s drama, greed is no longer good — and it's not much fun,

either. Oliver Stone's film is as firmly in tune with the headlines as his original *Wall Street* was 23 years ago. The first film examined the capitalistic excesses of the 1980s. The sequel takes place during the global economic meltdown of the fall of 2008. ● PETER HOWELL



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**BAD THINGS HAPPEN
FOR A REASON**



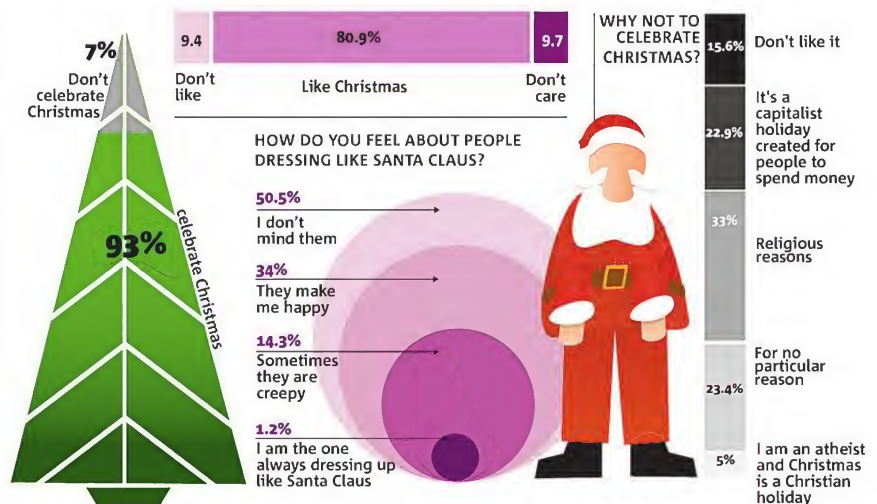
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The 2010 Christmas reader poll results

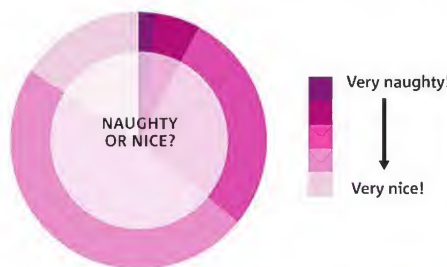
▶ We asked thousands of Metro readers how they felt about the holidays



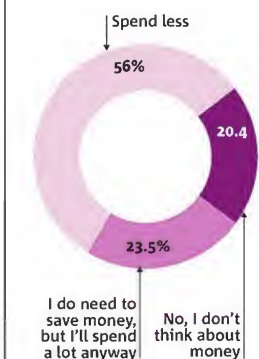
START SHOPPING FOR CHRISTMAS GIFTS



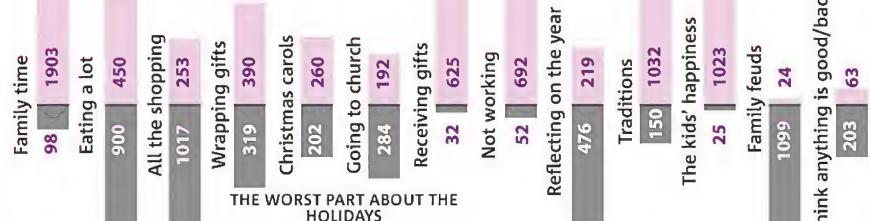
HOW MUCH DO YOU SPEND ON YOUR FAVORITE PERSON THIS YEAR? (ESTIMATE IN US DOLLARS)



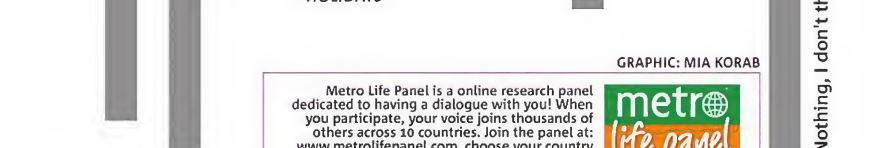
OVERALL, ARE YOU SPENDING LESS THIS YEAR BECAUSE OF THE FINANCIAL SITUATION?



THE BEST PART ABOUT THE HOLIDAYS



THE WORST PART ABOUT THE HOLIDAYS



GRAPHIC: MIA KORAB

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Nothing, I don't think anything is good/bad about the holidays

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Julia is wearing new SuperStay™ 24 Lipcolour in Keep Up The Flame. ©2010 Maybelline Canada

Deschanel suing Madden

Zoëy Deschanel isn't too happy with Steve Madden, as the actress is suing the shoe company for \$2 million over a failed endorsement deal, according to TMZ. According to the suit, which was filed in L.A. late

last week, Deschanel claims she held up her end of the deal — and even turned down other endorsement deals — while Steve Madden never held up its end of the bargain.

● METRO

Celebrity tweets



Neil Patrick Harris
[@Actual-lyNPH] My

favorite holiday song: 12 Days of Christmas, by the Muppets. Why: Beaker singing 'Mee Mee Mee Mee Mee Meel' slays me



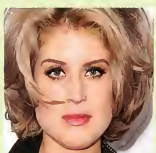
Stephen Colbert
[@StephenAtHome] I'm on

break! And the fact that I'm tweeting about it may be the first sign of my Twitter addiction



Amy Winehouse
[@amyjade mermaid] can't find me

bleedin notebooks — they've done a runsies



Kelly Osbourne
[@MissKellyO] Just got back from seeing Narnia why did prince Caspian go from being Spanish to English?

● METRO

Talking points

Neverland Ranch to become a school?

PERFORMING ARTS. The future of Michael Jackson's famed Neverland Ranch is still in question, but the company that owns it, Colony Capital, is reportedly turning it into a performing arts school named after the late singer, according to TMZ.

The company reportedly wants to model the school after New York's Juilliard.

"It's an interesting idea," a rep for Jackson's estate says. "And we'd be open to it."

● METRO

Gaga is 'furious and devastated'

Singer stopped by the snow in France

Lady Gaga isn't having the best time in France. The singer returned to Paris to perform make-up dates for October shows that had been cancelled, only to get stopped by the weather, according to Popeater. Because of snow, authorities wouldn't let her trucks into the city. Sunday night's show was rescheduled for tonight.

"All 28 of my trucks for the Monsterball were detained by the French government going on over 26 [hours]," Gaga posted to Twitter. "[Two] of my employees were arrested trying to get into Paris so we could perform. I am furious and devastated. It's unfair to my fans and to me." ● METRO



► Lady Gaga

JEMAL COUNTESS/GETTY IMAGES

Did Gwyneth Paltrow introduce Jake and Taylor?

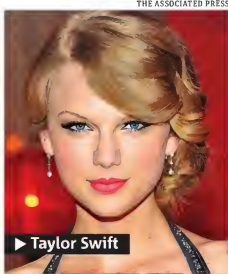
Reports came out recently that Jake Gyllenhaal and new girlfriend Taylor Swift had been introduced during a dinner at Gwyneth Paltrow and Chris Martin's London

home, but Paltrow is completely caught off-guard by the story.

"Where is this coming from?" she asks USA Today when asked if the stories are true.

"Well, I'm scared to say. It's so weird. I wonder how people find out these things. It was a while ago, so I don't know why it would come out today."

● METRO



► Taylor Swift

THE ASSOCIATED PRESS

Lutfi allegedly stalking Lindsay

Sam Lutfi has allegedly been stalking Lindsay Lohan, sending

her menacing text messages as well as threatening her mom, Dina Lohan, through texts, according to

TMZ. The situation has gotten so bad that Lohan's camp has even contacted the FBI to investigate.

Lutfi made the news for being involved with Britney Spears during her 2008 breakdown. ● METRO

CBC's Being Erica to try hand at being American

Being Erica is going to try its hand at being American.

ABC has bought the rights to the time-travelling CBC-TV series and plans to create its own version.

The Toronto-based Temple Street Productions says its co-presidents, Ivan Schneeberg and David Fortier, will executive produce. The duo are also working on a pilot script with Eastwick scribe Mag-

gie Friedman.

The Canadian version stars Erin Karpluk as Erica Strange, a woman who travels through time to relive past regrets so she can resolve problems in her present. It's rare for a Canadian drama to be bought for a U.S. makeover and Temple Street's executives say they are flattered ABC has taken an interest in the show.

THE CANADIAN PRESS



► Jermaine Jackson

CHRIS JACKSON/GETTY IMAGES

Theft from Jackson causes investigation

Sheriff's detectives say they are investigating the reported theft of \$192,000 in jewelry and luggage from Jermaine Jackson.

Michael Jackson's older brother reported the theft of watches, rings and other jewelry after returning to Southern California from a vacation in mid-September.

Detectives say there are

no suspects and no clear leads.

Authorities say Jackson and his wife noticed the items were missing on Sept. 18 and realized that one of the doors of their Calabasas home had been left unlocked.

The investigation was first reported by celebrity website TMZ.

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3 life

Get fit



There are some things you can do to minimize your risk of developing breast cancer. Here are factors you can do something about:

- Lost excess weight
- Quit smoking
- Exercise regularly
- Limit your alcohol intake
- Breastfeed your baby
- Avoid unnecessary exposure to chemicals.

CELIA MILNE



Hospital report: progress in reducing death rates, some surgeries unneeded



► Experts suggest that one reason why women don't get mammograms more often is that they are confused about the procedure.

What's the harm?

► Statistics in Canada and the U.S. suggest women should be going in for free mammograms more often ► Experts looking at why they choose not to ► Read on for why you should get one



CELIA MILNE
LIFE@METRONEWS.CA

Women are not going for "free" mammograms as often as they should – and could – be.

A new study in the U.S. has found only 50 to 60 per cent of women who should be going for regular mammography tests actually do.

And cost certainly is not the issue: All of the 1.5 million women in the study had health insurance, and here in Canada, it's covered.

Mammography as recommended "can reduce your risk of dying from breast cancer," says Dr.

Gillian Bromfield, senior manager of cancer control policy at the Canadian Cancer Society.

The Society recommends all women between the ages of 50 and 69 get regular mammograms once every two years.

So how does Canada compare with the U.S?

When surveyed, 72 per cent of Canadian women in this age group say they are getting them done.

"That is pretty good," says Bromfield, though she added, "It might not be quite that high. Women are more likely to give the expected answer, or they don't realize it's

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that."

DR. GILLIAN BROMFIELD,
CANADIAN CANCER SOCIETY

been more than a couple of years since their last mammogram."

Ideally, she says, all women should follow the recommendations.

If you are in your 40s, it is recommended that you talk to your doctor about your benefits and risks of

mammography.

If you decide to get mammography, there is some evidence you should get it done annually, says Bromfield.

In any age group, if a doctor refers you for a mammogram because of symptoms or a family history, the public health system covers the cost.

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that," says Bromfield.

In the U.S. study, authors said that reasons for the lower than expected rates might be fear of the procedure and confusion about guidelines.

Statistics

Breast cancer by numbers

- Number of women in Canada expected to develop breast cancer this year: 23,200
- Number of men in Canada expected to develop breast cancer this year: 180
- Percentage of women with breast cancer who survive more than five years: 87
- Number of deaths expected this year: 5,300



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Fight the holiday hangover

► Our experts tell you how to enjoy overindulging while remaining clean and clear ► Step one is to enjoy the party, with some preparation beforehand ► Afterward, prepare to detox and keep fit for the rest of the break



Meet the experts, here to help like healthy, fitness-obsessed elves.

CL and JB: Carlos Leon and Jeff Bell, founders of the

Belleon training program

RB: Ramona Braganza, celebrity fitness trainer

TA: Tracy Anderson, celebrity fitness trainer

CA: Christina Agnew, nutritionist and founder of rawfairies.com

CA: Christina Agnew, nutritionist and founder of rawfairies.com

MK: Michele Kingston, nutritionist



PARTY TIME

► Having a nap before going out is a good slimming tip — we tend to eat more when we're tired. **CA**

► Alternate each alcoholic drink with a glass of mineral water topped with fresh lime to limit your alcoholic intake and stay hydrated. **CA**

► Munch on raw vegetable crudité but go easy on the dips, where the calories hide. Chew your food

thoroughly and slowly to avoid overeating. **CA**

► To drop a size in record time, can be done simply by eating clean foods, whole foods, raw and organic foods, and by creating a work-out that gives you maximum results in the shortest amount of time. Be sure to find out what whole body exercises will move you toward your goal. The other thing is to just get up and do it! **CL & JB**

FIGHT THE FLU

► Boost your immune system by eating fruit and vegetables rich in vitamin C and bioflavonoids such as berries, peppers and guava. **MK**

► Eat garlic and onions for their antibacterial and antiseptic properties. **MK**

► Exercise works your cardiovascular and builds your immune system. It strengthens and helps to fight off bacteria and infection easier. **CL & JB**

► Avoid foods containing sugar and refined carbohydrates as they weaken the immune system. **MK**



KEEP FIT

► A slow walk will aid digestion, so get up and go for a stroll after lunch. **RB**

► Stretch your brain in a game of Scrabble or watch a fun Christmas film. If you want a nap after dinner sleep in an upright chair rather than lying flat as this could cause indigestion. **MK**

► To keep your energy up, avoid starchy, sugary foods or keep them to a minimum. **CL & JB**



DETOXING

► Sip dandelion root tea throughout the day and stay away from coffee and black tea, as these cause dehydration. **MK**

► Drink a mug of fennel tea before going out. It's an appetite suppressant. **RB**

► If you grab a square of chocolate (sugar), grab a handful of nuts (protein) to fill you up and balance blood sugar. **MK**



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Satay the calories out of hors d'oeuvres

► This holiday season, skip the fat & sodium of fried foods in favour of these healthy meat choices



ROSE REISMAN
LIFE@METRONews.ca

This time of year is when hors d'oeuvres are at their height. Most though are a landmine of calories, fat and sodium. These satays are the perfect hors d'oeuvres without all those unnecessary calories.

Beef Hoisin Meatballs

These are perfect hors d'oeuvre for a dinner party. Meatballs are usually made from regular ground meat, which has three times the fat and calories of extra-lean. My version compensates for the fat with a hoisin sauce. The

red currant jelly adds a tart-sweet flavour and gives the sauce the thickness it requires.

Ingredients:

- 8 oz extra-lean ground beef
- 3 tbsp dry breadcrumbs
- 2 tbsp hoisin sauce
- 1 tsp crushed garlic
- 1 egg
- 2 tbsp minced green onion
- 1/3 cup hoisin sauce
- 1/3 cup red currant jelly
- 1 tsp crushed garlic
- 1/2 tsp minced fresh ginger
- 2 tbsp water
- 1 tsp chopped green onion
- 2 tbsp chopped fresh cilantro or parsley

Preparation:

- For the meatballs, combine the beef, breadcrumbs, hoisin sauce, garlic, egg and onion. Form into 20 to 24 small meatballs about 1 inch in diameter.
- Spray a large non-stick skillet with cooking oil and add the meatballs. Cook over medium-high heat for 3 minutes, turning until browned on all sides.
- For the sauce, combine the hoisin sauce, jelly, garlic, ginger and water in a small bowl.
- Add to the meatballs and stir well. Cover and simmer on low heat for 10 minutes. Serve garnished with the green onions and cilantro.

Per serving: Calories 150 • Protein 8.1 g • Carbohydrates 19.2 g • fibre 0.6 g • Total fat 4.2 g • Saturated fat 1.5 g • Cholesterol 52 mg • Sodium 321 mg • prep time 15 minutes • cook time 13 minutes

Shrimp Skewers with Hoisin-Apricot Sauce

The combination of shrimp, hoisin and apricot flavours is wonderful. This would also be delicious with scallops or thin strips of boneless chicken breast.

Ingredients:

- 16 medium shrimp (about 12 oz), peeled and deveined



- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil

Preparation:

- Thread shrimp on skewers.
- Combine the apricot jam, oyster and hoisin sauce in a small bowl. Set aside half of the sauce. Brush the other half over the shrimp.
- In a grill pan or a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve with the remaining sauce and garnish with basil.

Per serving (1 skewer): Calories 35 • Protein 4 g • Carbohydrates 5 g • fibre 0.1 g

Total fat 0.3 g • Saturated fat 0.1 g • Cholesterol 32 mg • Sodium 94 mg • prep time 15 minutes • cook time 5 minutes

Chicken satays with peanut coconut sauce

These satays can be served as an appetizer or a main course. Use natural peanut butter to avoid trans fats and sugar. Light coconut milk is also available.

Ingredients:

- 12 oz skinless boneless chicken breasts
- 18 wooden skewers
- Sauce
- 1/4 cup light coconut milk
- 2 tbsp peanut butter
- 2 tsp soy sauce
- 2 tsp sesame oil
- 2 tsp rice vinegar
- 1 tsp honey
- 1 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/2 tsp hot chili sauce
- Garnish
- 3 tbsp chopped cilantro; 1 tsp sesame seeds

Preparation:

- Cut the chicken into strips about 4 inches long and 2 inches wide. Thread the strips of chicken onto the skewers.
- In a bowl whisk coconut milk, peanut butter, soy sauce, sesame oil, rice vinegar, honey, garlic, ginger and chili sauce. Reserve half of the sauce; brush the other half over the chicken.
- In a nonstick skillet cook the chicken for 5 minutes or just until no longer pink. Serve with the remaining sauce and garnish with cilantro and sesame seeds.

Per serving (1 skewer): Calories 42 • Protein 4 g • Carbohydrates 1 g • fibre 0.1 g • Total fat 2.2 g • Saturated fat 0.3 g • Cholesterol 10 mg • Sodium 34 mg • prep time 15 minutes • cook time 5 minutes

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FOR THE LOVE OF BIKES

Names: Shannon, 25, and Andy, 38

Current city: Toronto

Together since: 2009

Their story:

"Andy and I (Shannon) met when I started a new job at a medical office — he was the Purolator guy...

One day, Andy came in to the office with a package I was expecting — I had ordered something from a motorcycle shop.

Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations became more frequent.

Andy would even stop into the office empty-



► Shannon and Andy

handed just for a quick chat. About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont.

It was there—36 minutes into our first date — that I knew he was "the one". I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me

with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to marry me.

After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto."

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WHEN TASTE BUDS DON'T MATCH WITH YOUR LOVER

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

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I'm an adventurous foodie, but my partner's taste buds are limited to boiled chicken and root veggies, and she refuses to experiment. I'm worried my flavour centres are going to turn as bland as the food on her plate. What can I do?

Derek says...

She sounds boring. I feel for you.

But in the event that you are actually in love and in this for the long haul, try finding restaurants where you can order an interesting item from the menu, while she eats a bowl buttered pasta or a piece of bread.

Once in a while, sneak away for a dinner safari with like-minded friends. If you teach her how to cook, she might be willing to experiment and expand her palate. Good luck.

Angela says ...

We have a friend who doesn't have an adventurous wish bone in him.

When his wife craves sushi, he tags along, and drinks a beer while she noshes on her tuna rolls. Then they go get him a burger and fries. Personally, I could never survive that kind of relationship — trying new foods is fun



► Chicken tikka masala?

to do together — but hey, if it works for you then who am I to judge?

This is one of those situations where you will both need to learn how to compromise.

Take turns giving in to each other's food choices. I suspect after a while, she'll come around. Because who can resist a tasty chicken tikka masala?

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Charitable giving has become an essential piece of a financial plan. Studies have shown that philanthropy is one of the top three characteristics that wealthy people share (the other two are spending wisely and investing for the future). On average, self-made millionaires give away 10 per cent of their earnings.

Giving won't set you back financially. Research shows there's a Return On Investment (ROI) when you invest in your community. Rather than getting a dollar return, which is typical of a financial investment, you benefit through expanded networks, in-

creased sales, leadership opportunities, promotions, marketing, job offers, publicity, and much more.

Additionally, Revenue Canada supports giving and will provide an attractive tax credit.

It can be hard to find extra dollars to give. It's hard enough trying to save 10 per cent into your RRSP and pay off debt.

But, giving doesn't just happen. You have to plan to make it happen.

Philanthropy helps to build safe, healthy, growing communities, and giving goes beyond donating money. Charities require volunteers to deliver programs and fundraise and

they need strategic direction from board and committee members.

Get involved! First, do some soul searching to determine the causes that are meaningful to you. Has your family been impacted by a particular illness? Do you love the arts? Do children's sports camps make your heart melt?

Next, research the organizations you're passionate about. If you're stumped, visit sites like canadahelps.org, imaginecanada.ca or your local volunteer and community foundations. Try to pick one or two organizations to make your charity of choice.

Find out what the organization needs (usually money and volunteers) and how you can give.

Get to know them by volunteering your time and skills. If you're a web designer, spice up their website. If you're a banker, run a financial training program.

When you're ready, contribute financially to your charity of choice. From a budgeting perspective, it's helpful to contribute regularly on payday. Then, aim to grow your giving annu-

ally; e.g. \$50 to \$75 per month. There are two approaches to donations: either give small amounts to many charities – \$20 here, \$50 there, or, give to fewer charities, but in greater amounts – \$1,000 to one or two organizations. More dollars to fewer organizations can have a greater impact.

Check whether your employer or professional association will match your donation or give you time off for volunteering.

Whatever your motivation is for giving, when you contribute your time, talent and money it demonstrates leadership, and people pay attention to that.

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ALISON GRIFFITHS
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The holiday season is a tough time for many Canadians. The majority of us (60 per cent) live pay cheque to pay cheque as we shoulder heavier debt loads. Just meeting the minimum of holiday expectations stretches some of us to the brink.

My prescription for such woes is to focus on feeding your soul. It doesn't involve much time or money but I guarantee it will help shed your financial woes and give you a dose of feel good at the same time.

Call up a family member or friend you haven't spoken to for ages.

I grew up in a time when

calling long distance was either an occasion or meant bad news. At Christmas we'd huddle around the phone for a few quick words with relatives across the continent. Now long distance rates are so cheap there's no excuse not to call. And if it is long overdue you'll spread considerable joy.

Visit a shut in

It's a lonely time of year for many seniors in retirement facilities and nursing homes. Those who don't see well enough to read would welcome hearing you read aloud a favourite book. Others might enjoy a drive to see Christmas lights.

Take part

In every city, town and village in the country there are pageants, parades, ceremonies and caroling. Most of them are free. Get out and enjoy yourself!



► Understanding the Income Tax Act can greatly benefit a home business owner at tax time.

The tax ins
and outs of the
at-home office

Did you know that the Income Tax Act limits the circumstances under which a self-employed individual can deduct the costs related to a workspace in the home? They are confined to situations where the space is used exclusively to earn income from a business and on a regular and continuous basis for meeting clients, customers or patients; or if it is the individual's principal place of business.

This claim may be based on the proportionate space within the home that is used as a workplace. Eligible expenses include rent, mortgage interest, realty taxes, insurance, utilities and maintenance. It is generally not advisable to claim capital-cost allowance (CCA) on a portion of the home because that portion would then

not qualify for the principal residence exemption when it is ultimately sold.

Similarly, claiming 50 per cent or more business use of the home or making major structural alterations to adapt it to business use will trigger a "change in use," resulting in loss of the principal residence exemption.

The amount a taxpayer can claim is limited to his or her business income before deductions for home workspace. Any unused amount may then be carried forward and claimed in the subsequent year against related business income. To the extent that unused amounts cannot be claimed in the following year, they can be carried forward indefinitely to be claimed at the first available opportunity.

NEWS CANADA

B&B tax bonus

- A bed-and-breakfast enterprise may also qualify as workspace in the home, provided the guest rooms are located inside the owner's home and not in a separate dwelling. Calculate the percentage of space that is designated exclusively for guests, as well for joint-use of owner and guests, in order to determine a realistic apportionment of expenses that can be deducted for business purposes.
- Don't forget to include business storage space in the basement and elsewhere, when determining the proportion of your home used for commercial purposes.

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 Southcentre Mall
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 264 - 6100 MacLeod Trail S
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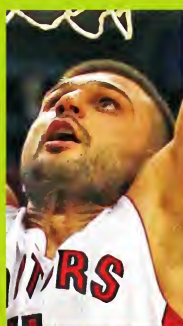
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*Available until December 31, 2010, for clients who activate or renew on a 3 year term with a Clear Choice voice and data rate plan of \$50 or greater. †Based on TELUS' tests of data throughput speeds in large Canadian urban centres available from national HSPA+ service providers. Internet access speed provided by the network operator may vary due to the device being used, network congestion, distance from the cell site, local conditions and other factors. Speed on the Internet is beyond the wireless network operator's control and may vary with your configuration, Internet traffic, website server and management policies, and other factors. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Android and the Android logo as well as Android Market and the Android Market logo are trademarks of Google, Inc. Gmail and YouTube are trademarks of Google, Inc. All other trademarks are the property of their respective owners. © 2010 TELUS.

4

sports

Quoted



"He's not necessarily the flashy one who's trying to go out there and score but he just runs the team well, he knows how to pass the ball very well and when he's on the court, he makes a big difference."

LINAS KLEIZA, ON RAPTORS TEAMMATE JOSE CALDERON. IN THE TWO GAMES SINCE CALDERON RETURNED TO THE RAPTORS' LINEUP, KLEIZA HAS 26 POINTS AND 11 REBOUNDS.

Favre. Tough blow



► Brett Favre grabs a fumbled snap in front of the Chicago Bears' D.J. Moore.

THE ASSOCIATED PRESS

Favre's return ends early after head injury

Brett Favre's emotional and surprising return to the field ended early. Favre shrugged off a sprained right shoulder to start the game last night, receiving a thunderous ovation from the crowd when he was introduced before the game. But Minnesota's 41-year-old quarterback sustained a head injury in the second quarter after being taken down by Bears defensive end Corey Wootton, and the team said he would not return. The Bears won 40-14.

Wild still have Flames' number

► Minnesota downs Calgary for second time in three nights ► Jokinen had team's only goal

Martin Havlat had a goal and an assist and Niklas Backstrom stopped 34 shots as the Minnesota Wild beat the Calgary Flames 4-1 last night.

Kyle Brodziak, John Madden and Cal Clutterbuck also scored for the Wild, who beat the Flames for the second time in three nights. Backstrom is 7-1-1 in his past nine games.

The Wild hadn't scored a power-play goal in more



than a month but had two in the third period yesterday.

Minnesota led 1-0 early before Olli Jokinen tied it for Calgary in the second. The Wild were lucky to

have given up a single goal — the Flames outshot Minnesota 15-3 in the period, which ended with the crowd booing the home team as it failed to control the puck on its first power play of the game.

But on their second attempt with the man advantage, the Wild regained the lead on Havlat's eighth goal of the season. With a clear cut to the net, Havlat picked up a loose puck in the corner

and backhanded it over Miikka Kiprusoff's shoulder to make it 2-1.

Minnesota padded its lead nearly four minutes later when Madden's shot from along the goal line hit off Kiprusoff's stick into the net. Clutterbuck added an empty-netter with 45 seconds to play.

Kiprusoff, who has 24 career victories against the Wild, made 19 saves for Calgary.

Brodziak scored his sec-

ond goal in three games to put Minnesota up 1-0 at 9:18 of the first. After grabbing a rebound off the newly recalled Marco Scandella's shot from the left circle, Brodziak whipped it around Kiprusoff to give the Wild an early lead.

The Flames tied it early in the second when Jokinen beat Backstrom's glove off a pretty feed from Jarome Iginla.

THE ASSOCIATED PRESS

TFC, Whitecaps will meet in Vancouver's MLS debut

Having Toronto FC come to town for the Vancouver Whitecaps debut match is the perfect recipe for the team to kick off its inaugural Major League Soccer season, says team president Bob Lenarduzzi.

"It's a fantastic thing," a beaming Lenarduzzi said

Home opener

► Toronto will play its home opener March 26 against the expansion Portland Timbers.

yesterday. "It just has all the right ingredients."

The Whitecaps and Toronto will play the first MLS match between Canadian teams March 19 at Empire Field, the league announced. The 2011 MLS season will open March 15 with the Seattle Sounders hosting the Los Angeles Galaxy. THE CANADIAN PRESS

Bucks' Jennings out up to six weeks

Milwaukee Bucks point guard Brandon Jennings will miss four to six weeks as he recovers from surgery to repair a fracture in his left foot.

General manager John Hammond said yesterday that the 21-year-old Jennings was examined after

Saturday's 95-86 loss to Utah.

Jennings broke the long bone on the outside of his left foot that connects to the little toe.

He had started every game since being picked 10th overall in 2009.

THE ASSOCIATED PRESS

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Greinke likes team's swagger

► 'Realistically, we're done making major moves,' says Brewers GM Melvin

Zack Greinke loves the attitude of the Milwaukee Brewers and their willingness to try to reach the post-season immediately.

"The main reason I wanted to get out, I mean, preferred to get out of Kansas City, is I wanted to be on a

team that was trying to win this year, because, as a pitcher, you don't really know how long your career is going to be," Greinke said yesterday, a day after he was acquired from the Royals in a six-player trade.

After winning the AL Cy

Young Award with a 16-8 record and 2.16 ERA in 2009, the 27-year-old right-hander slumped to 10-14 with a 4.17 ERA last season.

"Just really wanted to be in a place where they were playing to win games right away," he said.

The Brewers also acquired Shaun Marcum to join a rotation that also includes holdover Yovani Gallardo. The new players join a core that includes all-stars Prince Fielder, Ryan Braun and Corey Hart.

THE ASSOCIATED PRESS



► Zack Greinke talks to the media in Milwaukee yesterday.

Banned coach gets reinstated

A coach with Ontario's Peterborough Minor Hockey Association has been reinstated after controversy over a racial slur.

Greg Walsh pulled his team off the ice at a minor league game in Peterborough last month after an opposing player uttered a racial slur at one of his players.

Walsh was suspended by the Ontario Minor Hockey Association until next April for breaking a rule.

Walsh received word of his reinstatement yesterday morning and it is effective immediately.

He was told by the association's executive director in an email that the suspension was overturned.

"There was no explanation given," Walsh told radio station CKRU.

The opposing player was suspended for three games.

The Peterborough Minor Hockey Association is now looking at implementing a new policy on how to better deal with situations such as this one.

NBP sports critic Paul Miller sent a letter to the minor hockey association yesterday applauding the decision to reinstate Walsh.

"I was very concerned about the suspension of coach Walsh," he wrote.

"Serving as a hockey coach means much more than teaching hockey skills to young players. It also means acting as a role model, something that both he, and now the OMHA, have done."

Walsh will be back behind the bench Jan. 10.

THE CANADIAN PRESS



Juniors lose gear in transit

Sweden, Germany and Norway made it to North America for their warm-up games ahead of the world junior hockey championship — but some of their equipment did not.

The three teams were left scrambling yesterday as some of their bags were caught up in the travel chaos plaguing Europe after days of severe winter weather.

The Swedes and Germans both went shopping for replacement equipment so they could practise ahead of their exhibition games this week, while the Norwegians decided to wait for their bags to arrive, according

to officials from Hockey Canada and USA Hockey.

Either way, all three teams are expected to be ready for exhibition games this week.

Today, Sweden plays Canada in Toronto while Norway takes on Slovakia in Jamestown, N.Y. The Germans play the Czech Republic tomorrow in Rochester, N.Y.

The Swedes were missing 10 bags when they arrived in Toronto, but Hockey Canada stepped in to help, setting up an account for its visitors at a local store.

Scott Salmond, Hockey Canada's senior director of national teams, said the Swedes planned to practise yesterday once they had loaded up on new gear and that tonight's game was expected to proceed as scheduled.

THE CANADIAN PRESS

Carter starting over in Phoenix



► Vince Carter speaks to reporters in Phoenix yesterday.

Vince Carter went home to revitalize his career. A little over a year later, he's getting another shot at it, this time with Steve Nash and the up-tempo Phoenix Suns.

Part of a six-player deal with his hometown Orlando Magic completed on Sunday, Carter is hoping to show there's still some life in those once-springy legs and that he, centre Marcin Gortat and swingman Mickael Pietrus can give the Suns a much-needed defensive boost.

"I look around these young guys and I've been around for a while, and I just want to bring Vince Carter, my game, who I am, my style of play, what I've done in the past years," Carter said yesterday after being introduced with his new teammates. "It's a

wide-open offence where you can make things happen."

Carter, 33, was once considered the "air apparent" to Michael Jordan, a former North Carolina standout who could soar through the air just like the other Tar Heels' flying star. A seven-time all-star in 12 NBA seasons,

including seven as the face of the Toronto Raptors, Carter wasn't quite as prolific as he once was in his final years in New Jersey and ended up traded to Orlando before the 2009-10 season.

Teaming up with Dwight Howard didn't go quite as anticipated. Carter had the worst season of his career

in Orlando last year, averaging 16.6 points and 3.9 rebounds, and had a dismal performance in the Eastern Conference finals, losing playing time to backup J.J. Redick.

Now he gets a chance to work with Victoria superstar Nash, still one of the NBA's most prolific set-up men, and in an offence built around running and three-pointers. Phoenix's system worked well for Jason Richardson, the Suns' leading scorer before he was included in the six-player deal, and Carter would like think it could do the same for him.

"I feel like you can get better with age, you can learn the ins and outs of the game," Carter said.

"Maybe you lose a step, maybe you don't jump as high as you did, but you can

be more effective and that's what I've prided myself on, fine-tuning my game each and every year."

Carter is the marquee name in the deal, which sent Hedo Turkoglu and little-used forward Earl Clark to Orlando and a 2011 first-round draft pick to the Suns.

Gortat is the anchor, at least on Phoenix's side of it.

The Suns have relied on a prolific offence seemingly since they started playing in the desert.

Defence was always the problem, exacerbated this season with the loss of power forward Amare Stoudemire; through Sunday's games, the Suns led the NBA in scoring, but were also tied with Minnesota for last in scoring defence.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	35	22	8	2	3	117	87	49	12-6-2-0	10-2-2-1	7-2-0-1	L1
d-Atlanta	35	19	11	1	4	115	100	43	12-6-0-2	9-5-1-2	6-2-0-2	W2
d-Montreal	33	19	12	2	0	87	72	40	12-5-2-0	7-7-0-0	5-4-1-0	L1
Pittsburgh	34	22	10	2	0	110	79	46	11-6-1-0	11-4-1-0	8-2-0-0	W1
Tampa Bay	33	19	10	2	2	104	109	42	10-2-1-1	9-8-1-1	7-1-0-2	W4
Washington	35	19	12	2	2	104	99	42	12-4-1-2	7-8-1-0	2-6-1-1	W1
NY Rangers	35	20	14	1	0	105	91	41	8-8-1-0	12-6-0-0	6-4-0-0	L1
Boston	32	17	11	1	3	89	68	31	8-6-1-2	9-5-0-1	5-3-1-1	L1
Carolina	32	15	13	0	4	90	99	34	7-5-0-1	8-8-0-3	4-3-0-3	L1
Ottawa	35	14	17	3	1	81	106	32	8-9-1-1	5-8-2-0	3-4-2-1	L2
Florida	31	15	16	0	0	85	78	30	7-6-0-0	8-10-0-0	5-5-0-0	W2
Buffalo	33	13	16	4	0	84	95	30	7-9-1-0	6-7-3-0	5-4-1-0	L2
Toronto	33	12	17	2	2	75	102	28	8-7-2-1	4-10-0-1	4-6-0-0	L3
New Jersey	32	9	21	1	1	58	98	20	5-8-1-1	4-13-0-0	2-9-0-0	L2
NY Islanders	30	6	18	3	3	65	104	18	4-7-1-2	2-11-2-1	2-6-1-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	32	20	8	3	1	105	88	44	12-4-2-1	8-4-1-0	4-4-2-0	L2
d-Dallas	33	20	10	1	2	95	90	43	11-3-1-1	9-7-0-1	6-2-1-1	W2
d-Vancouver	31	19	8	2	2	101	78	42	11-3-1-1	8-5-1-1	7-2-1-0	W4
Colorado	33	19	10	4	0	121	105	42	10-4-1-0	9-6-3-0	6-1-3-0	W6
Nashville	32	17	9	4	2	83	79	40	8-2-3-2	9-7-1-0	8-1-1-0	L1
Anaheim	37	18	15	2	2	96	106	40	11-6-0-1	7-9-2-1	5-4-0-1	W1
San Jose	33	17	11	4	1	100	94	39	8-4-2-1	9-7-2-0	6-3-0-1	W2
Chicago	35	18	14	2	1	111	103	39	10-9-0-0	8-5-2-1	6-3-1-0	W2
Los Angeles	31	18	12	1	0	90	75	37	11-2-1-0	7-10-0-0	5-4-1-0	L1
Phoenix	32	15	10	4	3	89	93	37	6-4-2-2	9-6-2-1	4-4-0-2	L1
Columbus	32	16	13	2	1	82	90	35	8-8-0-1	8-5-2-0	3-5-1-1	L4
St. Louis	32	15	12	2	3	82	91	35	10-4-0-2	5-8-2-1	3-5-1-1	L2
Minnesota	32	15	13	1	3	79	91	34	8-7-0-2	7-6-1-1	5-3-1-1	W2
Calgary	34	14	17	1	2	91	100	31	7-7-0-0	5-10-1-2	4-5-0-1	L2
Edmonton	31	12	14	1	4	84	108	29	6-8-1-1	6-6-1-2	6-3-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Atlanta 6 Toronto 3
Florida 5 Philadelphia 0
Pittsburgh 6 Phoenix 1
Anaheim 3 Boston 0
Tampa Bay 5 Carolina 1
Vancouver 3 St. Louis 1
Minnesota 4 Calgary 1
Sunday's results
Colorado 3 Montreal 2
Washington 3 Ottawa 2

Chicago 3 Los Angeles 2
Dallas 4 Detroit 3 (OT)
Tonight's games
(All times Eastern)
Anaheim at Buffalo, 7 p.m.
St. Louis at Atlanta, 7 p.m.
Calgary at Columbus, 7 p.m.
New Jersey at Washington, 7:30 p.m.
Montreal at Dallas, 9 p.m.
Los Angeles at Colorado, 9:30 p.m.
Edmonton at San Jose, 10:30 p.m.

CANUCKS 3, BLUES 1

First Period

No Scoring.

Penalties — Winchester StL (roughing) 6:42; Pietrangelo StL (roughing) 11:17; Brewer StL (cross-checking) 12:43; McClement StL (high-sticking) 17:03; Burrows Vcr (holding) 19:31.

Second Period

1. Vancouver, Volpatti 1 (Bolduc) 7:12
2. Vancouver, Kesler 16 (Torres, Samuelsson) 9:16
3. St. Louis, Steen 10 (Cracknell, Polak) 17:57

Penalties — None.

Third Period

4. Vancouver, Tambellini 6 (Samuelsson, Hamhuis) 18:23 (pp)
Penalties — Glass Vcr (high-sticking) 6:06; Backes StL (high-sticking) 16:29; Bieksa Vcr (high-sticking) 19:37.

Shots

Vancouver 12 8 9 29
St. Louis 3 7 6 16

Goal — Vancouver: Luongo (W, 16-8-2); St. Louis: Halak (L, 12-10-4). Power plays (goals-chances) — Vancouver: 1-5; St. Louis: 0-3. Att. — 19,150 (19,150) at St. Louis, Mo.

WILD 4, FLAMES 1

First Period

1. Minnesota, Brodzia 6 (Scandella, Havlat) 9:18
Penalty — Havlat Min (hooking) 10:28.

Second Period

2. Calgary, Jokinen 6 (Iginla, Tanguay) 3:23
Penalties — Stoner Min (hooking) 15:14; Kostopoulos Cal (roughing) 18:29.

Third Period

3. Minnesota, Havlat 8 (Clutterbuck, Zidlicky) 6:13 (pp)
4. Minnesota, Madden 5 (Brunette, Zanon) 9:59 (pp)

5. Minnesota, Clutterbuck 9 (Burns) 19:14 (en)
Penalties — Backstrom Min (tripping; served by Nystrom) 3:11; Morrison Cal (interference) 5:37; Regehr Cal (high-sticking) 8:03; Madden Min (hooking) 17:04.

Shots

Calgary 12 13 10 35
Minnesota 10 3 10 23

Goal — Calgary: Kiprusoff (L, 12-16-1); Minnesota: Backstrom (W, 11-8-3). Power plays (goals-chances) — Calgary: 0-4; Minnesota: 2-3. Att. — 18,315 (18,064) at St. Paul, Minn.

SCORING LEADERS

	G	A	PT
Crosby, Pph	27	30	57
Stamkos, TB	26	21	47
St. Louis, TB	13	30	43
Perry, Ana	17	22	39
Datsyuk, Det	12	27	39
D.Sedin, Vcr	16	22	38
B.Richards, Dal	15	23	38
Ovechkin, Wash	12	26	38
H.Sedin, Vcr	6	31	37
Getzlaf, Ana	13	22	35
Byrumien, Atl	11	24	35
Sharp, Chi	18	16	34
Eriksson, Chi	14	20	34
Duchene, Col	13	21	34
Backstrom, Wash	11	23	34
Semin, Wash	18	15	33
E.Staal, Car	16	17	33
Roy, Buf	10	23	33
Zetterberg, Det	10	23	33
Toews, Chi	15	17	32
Kopitar, LA	14	18	32
P.Stastny, Col	13	19	32
M.Richards, Pha	11	21	32
Giroux, Pha	16	15	31
Heathley, SJ	14	17	31
Iginla, Cal	14	17	31
Ladd, Atl	12	19	31
Hjdjuk, Col	11	20	31

FOOTBALL

NCAA

BOWL GAMES

All times Eastern

Tonight's game

BEEF 'O' BRADY'S BOWL

At St. Petersburg, Fla.
Louisville (6-6) vs. Southern Mississippi (8-4), 8 p.m.

Tomorrow's game

MAACO BOWL

At Las Vegas

Utah (10-2) vs. Boise State (11-1), 8 p.m.

Thursday's game

POINSETTIA BOWL

At San Diego, Calif.
San Diego State (8-4) vs. Navy (8-3), 8 p.m.

Friday's game

HAWAII BOWL

At Honolulu

Hawaii (10-3) vs. Tulsa (9-3), 8 p.m.

Sunday's game

LITTLE CAESARS PIZZA BOWL

At Detroit

Toledo (8-4) vs. Florida International (6-6), 8:30 p.m.

Monday, Dec. 27

INDEPENDENCE BOWL

At Shreveport, La.

Georgia Tech (6-6) vs. Air Force (8-4), 5 p.m.

Tuesday, Dec. 28

CHAMPS SPORTS BOWL

At Orlando, Fla.

North Carolina State (8-4) vs. West Virginia (9-3), 6:30 p.m.

INSIGHT BOWL

At Tempe, Ariz.

Missouri (10-2) vs. Iowa (7-5), 10 p.m.

Wednesday, Dec. 29

MILITARY BOWL

At Landover, Md.

East Carolina (6-6) vs. Maryland (8-4), 2:30 p.m.

TEXAS BOWL

At Houston

Baylor (7-5) vs. Illinois (6-6), 6 p.m.

ALAMO BOWL

At San Antonio

Arizona (7-5) vs. Oklahoma State (10-2), 9 p.m.

THURSDAY, DEC. 30

ARMED FORCES BOWL

At Fort Worth, Texas

Southern Methodist (7-6) vs. Army (6-5), Noon

PINK STRIPE BOWL

At Bronx, N.Y.

Syracuse (7-5) vs. Kansas State (7-5), 3:30 p.m.

MUISC CITY BOWL

At Nashville, Tenn.

North Carolina (7-5) vs. Tennessee (6-6), 6:30 p.m.

HOLIDAY BOWL

At San Diego, Calif.

Nebraska (10-3) vs. Washington (6-6), 10 p.m.

Friday, Dec. 31

MEINKE BOWL

At Charlotte, N.C.

Clemson (6-6) vs. South Florida (7-5), Noon

SUN BOWL

At El Paso, Texas

Notre Dame (7-5) vs. Miami (7-5), 2 p.m.

LIBERTY BOWL

At Memphis, Tenn.

Georgia (6-6) vs. Central Florida (10-3), 3:30 p.m.

CHICK-FIL-A BOWL

At Atlanta

South Carolina (9-4) vs. Florida State (9-4), 7:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result

Manchester City 1 Everton 2

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	22	4	.846	—
d-Miami	21	9	.700	3
d-Chicago	16	9	.640	5½
Atlanta	18	12	.600	6
Orlando	16	11	.593	6½
New York	16	12	.571	7
Indiana	13	14	.481	9½
Philadelphia	11	16	.407	11½
Milwaukee	10	15	.400	11½
Toronto	10	18	.357	13
Charlotte	9	18	.333	13½
Detroit	9	19	.321	14
Cleveland	8	20	.286	15
New Jersey	8	20	.286	15
Washington	7	19	.269	15

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	24	3	.889	—
Dallas	22	5	.815	2
d-L.A. Lakers	21	7	.750	3½
d-Utah	20	9	.690	5
Oklahoma City	19	9	.679	5½
Denver	16	10	.615	7½
New Orleans	16	12	.571	8½
Portland	14	14	.500	10½
Phoenix	13	14	.481	11
Houston	12	15	.444	12
Memphis	12	16	.429	12½
Golden State	9	17	.346	14½
L.A. Clippers	7	21	.250	17½
Minnesota	6	22	.214	18½
Sacramento	5	20	.200	18

Last night's results

Atlanta 91 Orlando 81
Utah 101 Cleveland 93
Indiana 94 New Orleans 93
Washington 108 Charlotte 75
Dallas 98 Miami 96
San Antonio 118 Phoenix 110
Milwaukee at Portland
Houston at Golden State
Minnesota at L.A. Clippers
Sunday's results
Boston 99 Atlanta 88
New Jersey 89 Atlanta 82
L.A. Lakers 120 Toronto 110
Houston 102 Sacramento 93
Detroit 111 New Orleans 108, OT
Phoenix 113 Oklahoma City 110

Tonight's games

(All times Eastern)
Oklahoma City at Charlotte, 7 p.m.
Dallas at Orlando, 7 p.m.
Philadelphia at Chicago, 8 p.m.
New Jersey at Memphis, 8 p.m.
Golden State at Sacramento, 10 p.m.
Milwaukee at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	24	213	196	658	27.4
Stoudemire, NYK	28	281	174	724	26.5
Bryant, LAL	28	246	191	724	25.9
Nowitzki, DAL	26	244	131	644	24.8
James, MIA	29	238	198	710	24.5
Ellis, GOL	26	245	108	636	24.5
Rose, CHI	24	224	93	584	24.3
Anthony, DEN	24	200	161	576	24.0
Griffin, LAC	22	228	160	568	25.8
Conley, MEM	24	201	152	609	25.4
Martin, HOV	27	178	207	625	23.1
Westbrook, OKC	21	203	646	233	22.5
Williams, UTA	28	168	627	225	22.6
Howard, ORL	24	182	156	529	22.0
Bargnani, TOR	26	211	102	556	21.4
Beasley, MIN	26	225	83	554	21.3
Love, MIN	20	200	153	591	21.1
Griffin, IND	25	183	104	526	21.0
Smith, MEM	22	212	56	526	23.9
Griffin, LAC	26	226	127	580	22.7
Scola, HOV	27	224	98	546	20.2
Ginobili, SAN	26	160	135	516	19.8
Gask, LAL	24	124	525	553	19.8
J. Richardson, PHX	25	183	55	483	19.3
West, NOR	26	203	94	501	19.3
Lopez, NJN	21	151	153	535	19.1
Aldegrnd, POR	28	207	107	524	18.7
Pierce, BOS	26	167	116	486	18.7
Smith, MEM	22	212	56	526	23.9
Bosh, MIA	29	201	122	527	18.2
Griffin, LAC	26	226	127	580	22.7
Randolph, MEM	28	177	76	433	18.0

Not including last night's games.

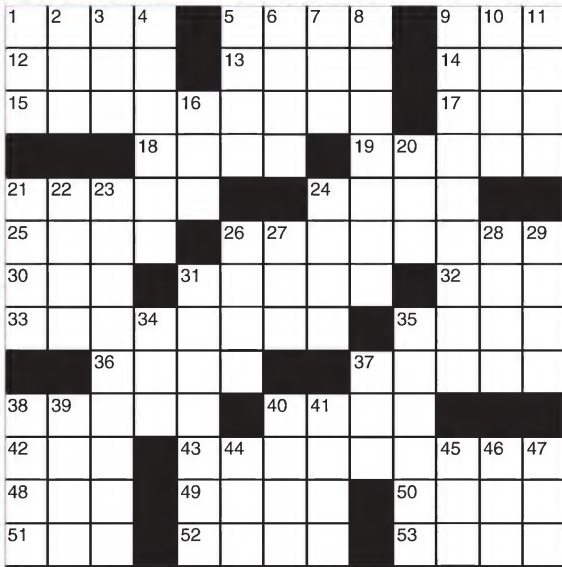
Crossword

Across

- 1 Grouch
5 — Abby
9 Old airline initials
12 Stereo alternative
13 Fairy-tale villain
14 Hairpiece
15 David Lynch TV series
17 Single
18 Poet
19 Elephant's ivory
21 Station
24 Fortune's partner
25 Mideast nation
26 Skywalker's story
30 Next-to-last Greek letter
31 Minimum
32 Skater Babilonia
33 Three-striper
35 Penny
36 Verve
37 Specialty
38 Attach
40 "The Wizard of Oz" author
42 Zodiac feline
43 It's 6 inches smaller than a queen
48 Lummo
49 Rim
50 Easter flower
51 Sprite
52 Take a break
53 Oxen's joiner

Down

- 1 Nashville-based cable channel
2 Tier
3 Blackbird
4 Chocolate-coated treat



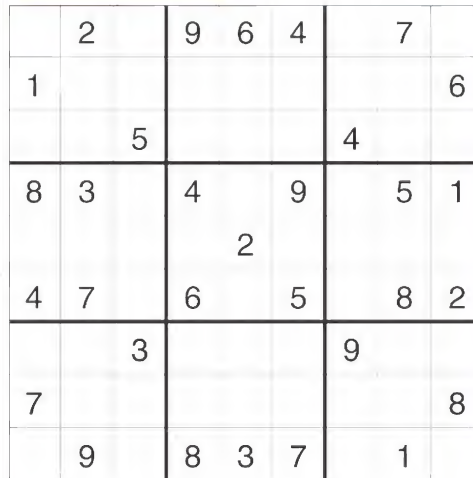
- 5 Active one
6 "Zounds!"
7 Noah's boat
8 Take it from the top
9 Small car
10 Flirtatious gesture
11 A long time
16 Sajak or Summer-all
20 Diggers' grp.
21 Quick swims
22 Gaelic
23 Found partners
24 Rapid
26 Connery or Penn
27 Bronzed, at the

- beach
28 Carry on
29 Location
31 Hero's hero
34 Day — colours
35 Attractive
37 Adjective suffix
38 Lotion additive
39 Transaction
40 Elmer's prey
41 Help a hood
44 Praise in verse
45 Life story, for short
46 Wapiti
47 Colouring agent

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	2	3	4	5	8	9	1	6
6	4	9	3	7	1	5	8	2
8	1	5	6	2	9	4	7	3
1	6	7	8	4	2	3	5	9
9	3	4	5	6	7	1	2	8
5	8	2	1	9	3	6	4	7
2	5	1	7	3	6	8	9	4
3	9	8	2	1	4	7	6	5
4	7	6	9	8	5	2	3	1

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -18° Max -3°	Min -12° Max -3°	Min -12° Max -4°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20
Keep what you know to yourself today and don't be tempted to boast that you have inside information. If your rivals get even a sniff of what you are up to it will weaken your efforts to move up in the world.

♉ Taurus April 21-May 21
You are not thinking straight, so it might be wise to avoid any major decisions. There are some tricky people out there, so play your cards close to your chest.

♊ Gemini May 22-June 21
It seems like everyone wants a piece of you — but there is only so much of you to go around. Look out for Number One.

♋ Cancer June 22-July 22
Your fears and anxieties seem to be getting a bit out of hand, so you need to remind yourself today of who you are and what it is you want to do with your life.

♌ Leo July 23-Aug. 23
Will you get an apology from someone who did you wrong? It's highly unlikely and you know it, so you might as well put the incident behind you and get on with your life.

♍ Virgo Aug. 24-Sept. 22
No matter how desperate you may be to move up in the world you must not take foolish risks. Success is a long-term endeavor, so think where you want to be a year or even five years from now. Then go for it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23
You can't seem to sit still at the moment. Don't buzz here, there and everywhere for no reason — have a plan. Move to a purpose.

♏ Scorpio Oct. 24-Nov. 22
Times may be tough but they are not so tough that you can't do something to improve your money situation. The next few weeks will boost your communication skills, so get out there and network.

♐ Sagittarius Nov. 23-Dec. 21
A lunar eclipse in the final degree of your opposite sign means that feelings are running high at the moment. Others may say nasty things but you are advised not to hit back in kind.

♑ Capricorn Dec. 22-Jan. 20
Sometimes it's difficult to know what is fact and what is fiction but one thing you'll know for certain today is that you are in command of how you think and how you feel.

♒ Aquarius Jan. 21-Feb. 18
While everyone else is fretting and fussing over trivial things you will be quietly getting on with what you have to do. Your creative plans are taking shape nicely.

♓ Pisces Feb. 19-March 20
You cannot run away from your responsibilities, much as you might like to. Do what has to be done and do it so well that next time you will be asked to do something more interesting. ● SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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CUBA

Varadero

Allegro Varadero • 3 ★

All-Inclusive • Superior rm.
Jan. 9 • 23 • 1 wk.

\$789

+Taxes & other fees: \$155

MEXICO

Ixtapa/Zihuatanejo

Barceló Ixtapa
Beach Resort • 4 ★

All-Inclusive • Superior rm.
Jan. 15 & 22 • 1 wk.


\$799

+Taxes & other fees: \$255

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite
Jan. 4 • 25 • 1 wk.

\$849

+Taxes & other fees: \$171

Sirenis La Salina

Varadero • 4 ★

All-Inclusive • Standard rm.
Jan. 9 • 23 • 1 wk.

\$969

+Taxes & other fees: \$155

Puerto Vallarta/Riviera Nayarit

Barceló Puerto Vallarta • 4 ★

All-Inclusive • Junior suite deluxe
Feb. 5 & 12 • 1 wk.

\$1249

+Taxes & other fees: \$125

Gran Bahia Principe
Punta Cana • 4 1/2 ★

All-Inclusive • Junior suite
Feb. 8 & 15 • 1 wk.


\$1739

+Taxes & other fees: \$171

Santa Clara

Royal Hideaway
Ensenachos • 5 ★

All-Inclusive
Royal spa premium rm.
Jan. 8 • 1 wk.


\$1379

+Taxes & other fees: \$155

Cancun/Riviera Maya

Grand Sirenis Riviera Maya
Hotel & Spa • 5 ★

All-Inclusive • Junior suite
Feb. 27 • 1 wk.

\$1299

+Taxes & other fees: \$247

JAMAICA

Sunset Jamaica Grande
Resort & Spa • 4 ★

All-Inclusive
Traditional standard rm.
Jan. 3, 10 & 17 • 1 wk.


\$1189

+Taxes & other fees: \$98

USA

Las Vegas

Rio All Suite Hotel & Casino • 4 ★

Deluxe suite - promo savings
Jan. 31 • 3 nts.

\$299

+Taxes & other fees: \$113

Maui

Aston Maui Lu • 2 ★

Standard garden view rm. - Hawaii saver
Jan. 24 • 1 wk.

\$999

+Taxes & other fees: \$116

CRUISE

Celebrity Cruises¹

Celebrity SummitSM

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 11
Mar. 26 • 1 wk.

\$1229

+Taxes & other fees: \$156



DREAMS RESORTS & SPAS

MEXICO

Cancun/Riviera Maya

Dreams Puerto Aventuras
Resort & Spa • 4 1/2 ★

Unlimited-Luxury[®]
Deluxe garden view rm.
Feb. 27 • 1 wk.

\$1409

+Taxes & other fees: \$247

DOMINICAN REPUBLIC

La Romana via Toronto

Dreams La Romana
Resort & Spa • 5 ★

Unlimited-Luxury[®]
Deluxe garden view rm.
Feb. 5 & 12 • 1 wk.


\$1649

+Taxes & other fees: \$193

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